

**GROUP EXERCISE MENU**

**\*\*subject to change without notice\*\***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am-9:00am <b>SilverSneakers®</b> <b>MuscularStrength</b> Dee	8:00am-9:00am <b>Senior Yoga</b> Rosanne (Studio)	8:00am-9:00am <b>SilverSneakers®</b> <b>CardioCircuit</b> Dee		6:15am-6:45am <b>CXWORX®</b> Sharon	6:45am-7:45am <b>BODY PUMP®</b> Lee/Kerry	
9:15am-10:15am <b>Hi/Lo Fusion</b> Debbie	9:15am-10:15am <b>ZUMBA®</b> Karen	9:15am-10:15am <b>BODY PUMP®</b> Kathy	9:15-9:45am <b>Boot Camp</b> Lee	8:00am-9:00am <b>SilverSneakers®</b> <b>MuscularStrength</b> Debbie	8:00am-9:00am <b>Boot Camp</b> Lee/Kerry	
9:15-10:15 <b>Moring Yoga</b> Rosanne (Studio)	9:15-10:15 <b>Pilates</b> Debbie (Studio)		9:45am-10:15am <b>CXWORX®</b> Lee	9:15-10:15 <b>Kickboxing</b> Daniela	8:00am-9:00am <b>Pilates</b> Sharon (Studio)	10:00am-11:00am <b>ZUMBA®</b> Cristina
		4:30pm-5:15pm <b>ZUMBATOMIC®</b> Cristina				
		5:45pm-6:45pm <b>BODY PUMP®</b> Sharon				
6:00pm-7:00pm <b>BODY PUMP®</b> Dee	5:45pm-6:45pm <b>ZUMBA®</b> Megan	7:00pm-8:00pm <b>Power Yoga</b> Rosanne (Studio)	5:30pm-6:30pm <b>Boot Camp</b> Rachel/Kerry			
7:00pm-8:00pm <b>Power Yoga</b> Rosanne (Studio)	7:00pm-8:00pm <b>Pilates</b> Sharon (Studio)			# indicates cardio class * indicates strength class		

**In consideration for Yoga and Pilates participants, class size is limited to 13 and once class has started class is closed.**

- \*BODY PUMP®** The original barbell class that strengthens your entire body.
- #\*Boot Camp** Two workouts in one! Cardio drills and muscle conditioning with free weights and core conditioning.
- \*CXWORX®** Les Mills revolutionary core training program.
- #Hi/Lo Fusion** High intensity little joint stress. Warm up, cardio segment, upper and/or lower body toning, abdominals and stretch.
- #Kickboxing** High energy cardio is followed by weight and abdominal work.
- \*Pilates** Strengthen and lengthen core muscles through controlled movement and breath.
- \*Moring Yoga** Hatha based movement to improve flexibility and strength.
- \*Power Yoga** A vigorous and athletic approach to flowing yoga poses.
- #ZUMBA®** Latin and International music and dance themes. Simple routines!

**SilverSneakers® Muscular Strength** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

**SilverSneakers® Cardio Circuit** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

**Due to limited spots, please sign up 24 hours in advance for BODY PUMP, Cycling and CXWORX classes. Arrive 10 minutes before class start or you will lose your reservation. Thank you for your cooperation!**